



RE-AWAKENING

a virtual retreat

Oct 5, 12, 19, 26 and Nov 2 | 2020

Where can you
retreat to? You can
go within.

Five hours of inspirational
talks and a guided
meditation sound bath
developed and presented
to leave you feeling re-
energized, re-engaged.

Monday evenings 7-8pm.

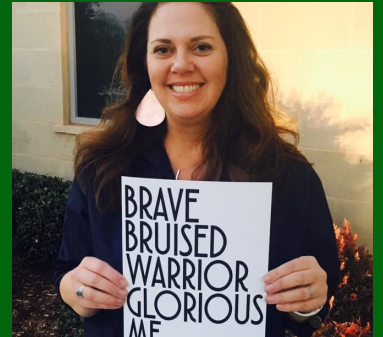
We feel powerless over so
many things in the
pandemic, but the five
senses are an access point
for moments of mindful
recovery.

Join us!

Learn more at www.yoga425.com

Hannah Lewis

Wellness Specialist



Anna Johnson

Yoga & Health
Ambassador

 **ambassador**



Adam Gierlach

Leadership Coach

 **ambassador**



Register today!
This retreat is
limited to 25
participants.





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Your experience.

Fierce
Listening

Anna | Oct 5

Beginner's
Mind

Hannah & Anna | Oct 12

Compassion
& Self Care

Hannah | Oct 19

Chakras &
Sound Bath

Anna | Oct 26

Servant
Leadership

Adam | Nov 2

- Know and practice the power of intentional listening, the power of presence.
- Tap into the joyful experience of a new mindset—free of preconceptions and expectations, open to possibilities!
- Let this PAUSE serve you and learn to cultivate emotional agility.
- Bath yourself in good vibrations, literally! Enjoy a meditative soundbath and balance your energy as you rest your mind.
- Become a leader in your life. Engage, be a positive influence, have a deeper understanding of yourself and others.

Each session includes:

- An hour long conversation lead virtually by your host.
- A tool kit, including a reference sheet for each session as well as additional resources for further exploration.
- A follow-up to each conversation, including access to your host and co-participants.
- Two 30-minute yoga classes, online, to be enjoyed at your convenience. Suitable for all levels.

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